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Soldiers

The Official U.S. Army Magazine

*Marriage
in the Military*

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Maj. Jonathan Dunn and his bride, Margaret, pass under crossed sabers following their wedding at West Point.

— Photo by Les Howard

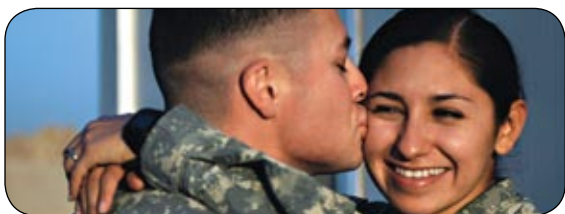
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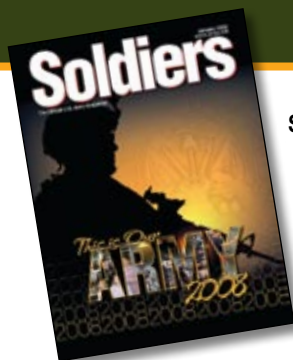
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2008 Army Birthday Message

Since June 14, 1775, the magnificent Soldiers, Families, and Civilians of America's Army have sacrificed personal comfort and safety so that others can live in freedom. Our sacrifices have preserved our way of life, built a better future for others, and led our Nation to victory over our enemies.

In this, our 233rd year, we find our Nation at war. For six years, our Army has been a leader in this war liberating over 50 million people from tyranny and oppression and giving them hope for the future. Inspired by these efforts, almost 300,000 men and women enlisted or reenlisted just last year in America's Army – Active, National Guard and Reserve. This type of dedication is what makes our Army the Strength of the Nation.

Not everyone recognizes it day-to-day, but we are at war against a global extremist terrorist network seeking to attack and destroy our way of life. This is not a foe that will give up easily. They must be defeated.

Faced with such a long and difficult struggle, and with so much at stake, it is important to remind ourselves that our military exists to field forces for victory just as we did in 1775. Our Warrior Ethos has it right:

- I will always place the mission first.
- I will never accept defeat.
- I will never quit.
- I will never leave a fallen comrade.

Our Army is a hugely resilient, professional, and battle-hardened force. We are the best in the world at what we do, and we are that way because of our values, our ethos, and our people – especially our people.

On this Army Birthday, we have much to celebrate and be proud of. God bless each and every one of you and your Families, and God bless America.

Kenneth O. Preston
Sergeant Major of the Army

George W. Casey, Jr.
General, United States Army
Chief of Staff

Pete Geren
Secretary of the Army

Maj. Jonathan Dunn, an international relations instructor at the U.S. Military Academy at West Point, N.Y., and his bride, Margaret, pass under crossed sabers following their wedding at the academy's Chapel of the Holy Trinity.



Marriage in the Military

Story by Heike Hasenauer

AS couples reminisce about joining hands, exchanging rings and promising to love, honor and cherish one another “until death do us part,” many can only say sorrowfully, “We failed.”

There’s no guarantee that the words of the songs played at wedding receptions will ring true for any couple after the honeymoon’s over. And the challenge to couples increases when they face long separations.

Chaplain (Maj.) Derrick Riggs, a protestant chaplain and religious-support resource manager at Fort Myer, Va., returned from a yearlong deployment to Iraq in November 2007, where he served with the 82nd Airborne Division’s 3rd Brigade. “A lot of marriages were tested there,” he said.

“Marriage will succeed or fail based on everything you do before a deployment,” Riggs added. “If you have a strained marriage, the deployment will have a greater adverse impact. Absence will only make the heart grow fonder if you have a strong marriage to begin with.”

“I don’t think younger Soldiers have solid expectations of marriage, but, rather, are driven by emotion,” added Maj. Chris Downey, operations officer for the 82nd Abn. Div.’s 82nd Combat

Aviation Bde. “They’re seeking immediate companionship before and after deployment.”

Downey and his wife, Trish, have been married for 15 of his 17 years in the Army — from the time he was an enlisted Soldier, through advanced military training, to his commissioning, and two recent combat tours to Afghanistan and Iraq.

“I’m worried about my family when I’m deployed, but when I’m deployed, the mission has to be my main focus,” he said.

That’s why Soldiers depend so much on the support available to them through family readiness groups and others [see related story]. It’s that support, and the support of other spouses that helps military families cope, Downey said.

Deployment, while not easy on a family that includes a son and daughter, ages 10 and 13, respectively, didn’t cause any marital problems, Trish said. “I had no feelings of resentment when he deployed. I was proud of him. And our marriage was very strong when he left.

“What makes it strong is his commitment to his family,” she said. “And I know his family comes first when it can come first.”



Today many couples marry after having lived together for years and having children, according to a report published by Rutgers University's National Marriage Project.

Sgt. 1st Class Ernest Rabot of the Italy-based 173rd Abn. Bde. Combat Team has been married to Joy for 20 years. He echoes Downey’s sentiments.

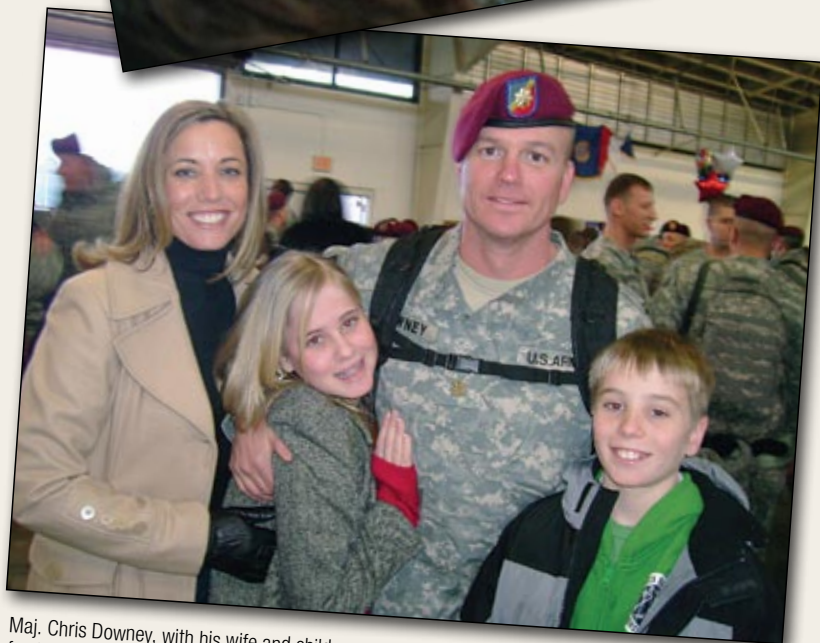
“When I’m deployed, I focus on the mission, but when there’s time to relax a bit, I write my wife all about the things I’ve been doing or going through during the deployment.

“The first year or two of marriage is very hard,” said Rabot, who was 19 when he married his then 21-year-old wife. Besides frequently having to leave her, due to training exercises and deployments, living from paycheck to paycheck was initially challenging, too, he said.

His suggestions for a successful marriage? “Be honest with each other, explore each other’s inner feelings and know what your spouse wants, physically and emotionally,” Rabot said.



Well-wishers create a field of bubbles for this newlywed couple to pass through as they begin their lives together.



Maj. Chris Downey, with his wife and children, celebrates a family reunion upon his return from Afghanistan.

"Marriage isn't for kids, and being in the Army just makes it harder," added Chief Warrant Officer 3 Roy Melebeck, commander of Headquarters and HQS Company, 173rd ABCT Rear Detachment. "Too many Soldiers marry as 18- to 22-year-old kids. Wait. The Army means long deployments, long hours when you're not deployed. I married as a kid, at 19. My marriage made it because my wife, who was 26, was the adult for a while."

How the spouse who's left behind handles long separations also has a lot to do with the success or failure of a marriage, Riggs said.

“The first few months after my husband deployed were miserable,” Samantha said.

Spec. Chase Windell, another member of the 173rd ABCT, deployed to Afghanistan soon after his wife, Samantha, joined him in Bamberg, Germany. The couple’s son was two months old at the time they arrived.

“The first few months after my husband deployed were miserable,” Samantha said. “I wanted to stay home the whole time.”

Instead, she got involved, spending time with other women whose husbands had also deployed, participating in Yoga classes, shopping, supervising their respective children’s playtime and taking trips together. Samantha also volunteers as her family readiness group’s treasurer. Her advice to spouses of deployed Soldiers is: “Get out there and get involved.”

Some spouses have a difficult time doing that.

Sgt. 1st Class Jeffrey Ladisic, a scout with the 194th Armored Bde.’s A Troop, 5th Squadron, 15th Cavalry Regiment, at Fort Knox, Ky., had been married for seven years when he filed

for divorce in September 2007, upon returning from Iraq, his second deployment in three and a half years.

“That was it,” Ladisic said of the state of his marriage after being in Iraq from January 2005 to February 2006. “My wife and I had grown so far apart.”

On his first deployment to Afghanistan in 2005, Ladisic was a platoon sergeant in an 82nd Abn. Div. combat platoon. “My wife had friends whose husbands were deployed with me. They called home when they told their wives they would. But sometimes I couldn’t call because, as a platoon sergeant, I had duties that came up unexpectedly.

“The war had just started, and we couldn’t call home for four or five days sometimes,” he said. His wife called him a liar.

Nonetheless, he attributes the split largely to his own “immaturity” and the facts that he suffered Post Traumatic Stress Disorder and its subsequent “anger outbursts” and anxiety attacks. He could no longer tolerate the long-standing fights he and his wife had in front of their young daughter, nor his wife’s attention to what he thought were insignificant things.

“I didn’t have any patience for little things,” Ladisic said. For a while he pretended to take those little things



CW3 Roy Melebeck and his wife, Lorraine, enjoy an outing to a local restaurant.

seriously. “But I just couldn’t keep pretending that they were important.”

Ladisic said matter of factly, “We got married too young.” He was 18, she, 21.

“It’s hard to fight a war and your wife at the same time,” Ladisic said. “When people asked me, ‘How’s your marriage?’ I’d always say, ‘great’ or ‘terrible.’ It was never really good. Marriage shouldn’t be like that.”

Although the couple sought counseling, it didn’t help. “We both agreed to things in the counselor’s office that didn’t stick for long when we were back



Husband and wife walk down the aisle.

home," he said. The couple's divorce was final in February 2008.

He still loves his ex-wife, he said. "She's a great mom, a perfect housekeeper, and she's gorgeous, but I just couldn't let our 6-year-old daughter see us fighting all the time.

"I think divorce is one of the biggest problems in the military today," said Ladisic, who's now taking medication for PTSD and undergoes counseling twice monthly for the ailment. "Many couples get married too young. They haven't yet had the chance to develop coping skills. Every other year they can expect to be separated from their families for 18

months. That's not what a 20-year-old woman expects when she marries.

And as long as America is fighting the war on terror, frequent deployments will continue, officials said.

Chaplain (Maj.) Michael King, a marriage and family chaplain at Fort Knox, said deployment at his post is increasing dramatically. The installation, formerly primarily a training post, has gained three U.S. Forces Command units that are deployable.

"Our population is now composed of 40 percent or more of deployable Soldiers," among them members of the 233rd Transportation Co. who have deployed six times over the past five years for six months each time, and the 19th Engineer Battalion, which recently returned from Iraq.

Based on his experience with Soldiers and families, "Most problems have more to do with lack of communication than with deployment," King said.

"How you talk to your spouse is very important. Too many times a marriage is all about 'me,'" he said. "One of the people in the marriage thinks everything has to be done his or her way. That's when arguments begin."

Ladisic's advice to prospective couples? "Have patience. Don't rush into marriage. If it's meant to be, it's

"The most important thing you can do to keep a marriage healthy is to communicate," Downey added.

still going to happen if you wait. Know yourself before you enter into a lifelong commitment."

"The most important thing you can do to keep a marriage healthy is to communicate," Downey added. "If you're going to deploy, talk about some of the stressors before, during and after deployment."

Soldiers who are deployed should try to call as much as possible, he added, even if the calls are short.

"Just knowing Chris was thinking of me meant a lot to me and the kids," Trish said.

"I think marriage in the military is a significant challenge for the Army," Downey added. "But officials are doing a very good job at understanding that the family is a combat multiplier — an important part of the puzzle — and is providing programs to support the family."

The current Reset pilot program, as an example, is one of the Army's

Heike Hasenauer



Newlyweds get a sparkling sendoff as they leave their wedding reception for a honeymoon in the tropics.

newest attempts to ease a Soldier's transition back to his family and his community by minimizing or eliminating training requirements for 120 days after a Soldier returns from deployment, Downey said.

Besides communication, honesty, unselfishness and support, candlelight dinners and flowers — for no special occasion at all — can't hurt, said Melebeck.

Information about Spc. Chase Windell and his wife, Samantha, was provided by John Fleshman of the U.S. Army Garrison Vicenza, Italy, Public Affairs Office. **sm**

Heike Hasenauer



Having taken their vows barefoot on a North Carolina beach, a happy couple turns to accept the congratulations of their guests.



Chaplain (Capt.) Lane J. Creamer, regimental chaplain for the 3rd U.S. Infantry (The Old Guard), counsels Staff Sgts. Brooke and Mark Metrinko before their marriage.

Preparing for Marriage

Story and Photo by Heike Hasenauer

EVERY chaplain in the Army is ordained in his religion, said Chaplain (Maj.) Derrick Riggs, whether as a rabbi, priest or Protestant pastor. And each is responsible for developing a pre-marital counseling program.

Couples planning marriage are strongly encouraged to undergo pre-marital counseling, and to speak to a chaplain about such things as finances, wedding-day plans, the role of religion in the marriage and aspects of intimacy, Riggs said.

The Roman Catholic Church provides a six-month training program for members who want to be married in the church. It teaches doctrine about the sanctity of marriage and includes several weekend retreats, Riggs said.

Riggs has developed a five-week pre-marital counseling program for Protestants and has administered the training to many couples, he said. He talks about many things, including family history.

"I tell couples that they're reproducing the marriage of the families they come from," Riggs said. "You've had one model, your parents. You've learned certain behaviors through osmosis. Unless you set out to do some-

thing differently, you'll repeat their role designations."

Riggs also talks about expectations, roles and responsibilities, and about the couple's respective personalities.

"I see people who I think are not at all suited for each other," said Riggs, who recently counseled one young couple from different religious backgrounds. "During the third session, I recommended they not get married, and they said, 'Well, we love each other.'"

"But just loving each other doesn't mean you should get married," Riggs said. "The single most divisive thing in a marriage is your view of religion and God. It will determine how you make decisions, what your values-base is and what your parenting style will be. If you pair a very religious person with someone who doesn't care about religion, they'll come to an impasse."

The couple he counseled is an example, he said. They got married and were divorced three months later.

For couples who are already married and recognize some warning signs of trouble in their marriage — among them failure to communicate, fighting, name-calling, lack of respect for one another, a low level of sexual intimacy, boredom or inability to have fun together anymore, emotional or physical abuse and feelings of relief when your spouse is away — there's help, Riggs said.

Besides the post-redeployment couple's enrichment program, "Strong Bonds" [see related story], couples can always speak to their unit or post chaplains, family-support workers and health professionals, and the Internet provides a wealth of information about marriage, divorce, and preventing the latter. **sm**



FRGs assist families in a variety of ways, not the least of which is hosting social get-togethers.

"Our Soldiers were out there in harm's way on a daily basis."

Wolhaupter said family readiness groups formed quickly from volunteers of the deployed Soldiers' families. Before deployment, they explained the resources available to families. Throughout deployment, they maintained contact with the families using newsletters, meetings, events and telephone calls.

"We had some Soldiers injured," said Wolhaupter. "Family readiness group members helped the families deal with that and kept them connected."

Kerry Mork, family readiness group leader for Company C and wife of one of the deployed Soldiers, was among the nine battalion volunteers recognized.

"It's an honor for me to be that bridge to the families," said Mork, who accepted the award from Hall on behalf of all the battalion's volunteers. "We had a number of volunteers who stepped up to help."

Mork said their family readiness challenge was to understand the different needs of each family and company. "We had a lot of single Soldiers in our company, which meant working with parents. But other companies had more spouses and kids, so they would do things toward that."

Mork said family readiness is just as important now that the battalion is home, and the groups continue to hold meetings and talk to families during their reintegration.

During his opening remarks, Hall talked about an "exciting new provision" in the recent National Defense Authorization Act that would address servicemember and family reintegration in a nationwide effort, through a center of excellence.

"The National Guard has volunteered to be part of the group that helps us establish that," said Hall. He also stressed a goal to make all family service centers accessible to all servicemembers, regardless of their branch of service. **sm**

H O N O R I N G

Family Support Volunteers

By Tech. Sgt. Mike R. Smith

DEPARTMENT of Defense leaders recently announced the National Guard and Reserve Family Readiness Groups considered to be the "best in the nation" at enhancing military readiness through family support for 2007.

They spotlighted the FRGs at a DOD Reserve Family Readiness awards ceremony at the Pentagon's Hall of Heroes. This year's winners included a Wisconsin Army National Guard unit and a California Air National Guard unit.

Assistant Secretary of Defense for Reserve Affairs Thomas Hall presented awards to Guard FRG representatives from 1st Battalion, 121st Field Artillery, Wisconsin Army Guard, and the 144th Fighter Wing, California Air National Guard.

Defense officials said the awards "recognize National Guard and Reserve units ... with the best programs to support their families."

There are approximately 700 military family service centers across the nation, and 400 of them are in the National Guard. Hall pointed out the important role these centers play in retention, among other roles.

"If servicemembers cannot have the ability to continue with their families and also serve, then ... servicemembers are not going to stay," Hall said.

Representatives from each of the units were on hand to receive the awards. Each was presented with an engraved plaque, a signed certificate of appreciation and a \$1,000 check from the Military Officers Association of America.

Among the Guard's awardees were nine volunteers from the Milwaukee-based 121st FA.

The battalion recently returned from a deployment to Kuwait and Iraq. Its Soldiers — from five states and 30 units — escorted convoys throughout Iraq.

"We had a very demanding, dangerous mission," said Maj. Brian Wolhaupter, the battalion commander.

Tech. Sgt. Mike R. Smith works at the National Guard Bureau Public Affairs Office in Arlington, Va.



Brian Lepley

Strengthening Army Marriages

Story by Elizabeth M. Lorge

Sgt. Robert J. Strain

"If for six months you use the skills you learn this weekend, and it doesn't improve your marriage, call me and I'll take you out for a steak dinner, separately if necessary," Chaplain (Lt. Col.) Mark Sachs, deputy staff chaplain for the 99th Regional Readiness Command, told the Arlington group. Sachs added that he's facilitated some 15 retreats and has yet to receive such a phone call. He has, however, heard from couples who cancelled their appointments with divorce lawyers.

"The core of the program is communication styles, how to communicate well when it counts most, when you have something very sensitive to talk about or when the topic is risky or highly emotional," Sachs said. "We teach our participants about communication patterns that are toxic to a marriage, how to avoid them and what to do when you find yourself in one of those patterns. We talk about problem solving or conflict management, how to approach things that you differ on, and how to come to conclusions and find solutions that are productive and consider each partner's needs.

"When couples fight, it's often because an event in the course of everyday life has sparked an issue for them," Sachs said. "Couples tend to discuss the issue in the context of the event and because of that it never gets resolved. How do you separate issues from events and work through them in a way that's productive?"

The weekend includes a "date night," and couples must leave their home city and stay in a hotel in order

SGT. 1st Class Pernel Mabry's wife, Wanda, gave birth to twins the day before he deployed to Iraq. Like many other Soldiers, Mabry missed the children's first Christmas and their first steps, and he didn't know if they would bond with him when he came home.

The separation and reunion, he and his wife said, came with many challenges and unexpected adjustments.

So in November the couple joined other Army Reserve couples — officer and noncommissioned officer, newlywed and those married 30 years — at a Strong Bonds weekend in Arlington, Va., for a retreat intended to strengthen their marriages. And as the weekend progressed, positive changes were

already evident — most husbands and wives began to sit a little closer, share glances and hold hands.

The Strong Bonds training program is run by both active-duty and reserve-component chaplains. It originated in 1999 with the Hawaii-based 25th Infantry Division, but has become increasingly popular as more couples seek to maintain or rebuild communication and intimacy that have suffered because of repeated deployments.

"We've seen the Strong Bonds program building strong families," said Chaplain (Maj. Gen.) Douglas L. Carver, the Army's chief of chaplains. "A strong Soldier, as he prepares for or goes to combat, will be strong if his family's strong. It's based upon building strong communication, strong relationships and maintaining that strong intimacy that couples need to have."

Maj. Daniel E. Herrigstad, the public affairs officer for the 104th Training Div., contributed to this article.

to spend quality time together. The Army pays for everything, even the spouse's travel.

"This is critical, because if your marriage isn't healthy, something's going to happen to you as a Soldier," said Chaplain (Lt. Col.) Peter J. Frederich, family ministries officer at the Office of the Chief of Chaplains. "We don't charge Soldiers to train on their weapons so we shouldn't charge them to train on their marriages."

The key lesson is the "speaker-listener" technique, which can eliminate arguments by forcing couples to slow down and really listen to each other. The speaker has the "floor" — it can be something as simple as a piece of paper or a pen. The speaker can only make a few short statements before stopping and letting the listener paraphrase, to ensure both parties understand each other, and then the roles reverse.

The goal is understanding, not fighting or agreeing or finding a solution. Most of the time, all couples really need is a great conversation. Once they understand each other, the problem often resolves itself. When the speaker-listener technique isn't enough, Sachs said, it's important that couples try to find solutions as a team, and not look at each other as the problem. The idea, he said, is to brainstorm solutions together, compromise and follow up later to see if the solution is actually working.

If the couple can't find a solution, there may be a deeper, hidden issue at work. A knock-down, drag-out fight about orange juice probably isn't about orange juice, for example. It may be about love, or control or acceptance. That's why the speaker-listener technique is so crucial, he said.

To keep on-going issues, such as money, from flaring up over everyday occurrences, one important Strong Bonds suggestion is a weekly couple's meeting, a time when couples will have a safe opportunity to address any on-going concerns.

Couples at the Arlington event had several opportunities to practice the techniques under the guidance

of trained chaplains and chaplain's assistants. Sachs pointed out that it was easy to tell they were working. Instead of chatting with other couples, the husbands and wives were sitting closely, touching and leaning toward one another.

The 99th RRC added the Army's Battlemind training to the retreat, to ensure that the Soldiers, some of whom had recently returned from deployment, and their spouses knew the symptoms of Post Traumatic Stress Disorder, including isolation, aggression, alcohol abuse, flashbacks and nightmares.

"I think most of us got messed up down there and we don't see it until our wives say, 'I've got one foot out the door. Do you want to do something about it before the other one's out?' That's what my wife told me a couple of weeks ago," said one Soldier, emphasizing the importance of programs like Strong Bonds in helping marriages recover from or prepare for deployment.

Mabry, who returned from Iraq in September, said the retreat was the first opportunity he's had to spend time alone with his wife since his return. "I think this is really helpful, and I thank the chaplain's section for coming up with the idea. Soldiers really need something to get them back into family orientation, and this is really good. This is something that really helps."

"It's been very helpful to both of us, because we've had our challenges since he's been back," Mabry's wife added. "With us having different parenting ideas and thoughts and opinions — and for him, being a new parent all over again — and then different backgrounds, I think this has helped us to have a common ground."

They both said they would recommend the program to other Soldiers and plan to use the techniques. In fact, 95 percent of couples say they would recommend the program, Sachs said.

Master Sgt. Carri R. Marks, a full-time staff training specialist with the 70th RRC, deployed to Iraq for 18 months right after marrying in 2004. Her husband, Master Sgt. Donald M.



Staff Sgt. Samantha M. Stryker

Hockett, an acting command sergeant major, then also deployed for 18 months.

They've been married for three years, but have only lived together for a few months. They attended a Strong Bonds weekend in Oregon and said it helped them deal with the stresses of two Army careers.

"It's really good for couples to come to these things after a deployment, to know that they are not alone in what they are going through," Marks said.

"The year after my husband came back was the hardest. We had a lot of issues we had to work through and they would have been easier to deal with if we had been able to do this sooner," agreed Stacie L. Fredenburg, who also attended the Oregon program. "If you've been deployed, this is something to do. You will benefit."

According to Frederich, Strong Bonds has been so successful that the National Institutes of Health gave the chaplaincy a grant for a five-year study to see if the program makes a difference in the amount of time Soldiers stay in the Army, whether they get PTSD, and whether the family issues affect such other aspects of their careers as promotion rates.

New versions of the program are now geared toward single Soldiers and another involves entire families. The one for single Soldiers focuses on how to choose the right partner, and the version for families focuses on parenting skills.

For more information or to find an upcoming retreat, visit www.strongbonds.org. **sm**

A Defense Department family assistance team traveled to Vicenza, Italy, to provide information to personnel there about programs for Italy-based families.



Family Assistance Italian Style

Story By Diana Bahr

WHEN the Vicenza, Italy, military community hosted the first Europe-based joint-services Family Assistance Workshop for service providers recently, a team of subject-matter experts from the Office of the Secretary of Defense focused on relocation assistance, children, youth initiatives and counseling.

Maj. Gen. Frank G. Helmick, commander of the U.S. Army Southern European Task Force, who had earlier met members of the team in Washington, D.C., felt they had valuable information for the Vicenza community and invited them to come to Italy, said Renee Citron, deputy to the garrison commander.

Besides talking about new programs and providing updates on current ones, the discussion groups generated valuable ideas and provided networking opportunities in many areas of family assistance, Citron said.

"Each day of the workshop was a day of learning and enrichment for attendees," Citron added. "Not only did the team conduct the workshop, but its members held one-on-one meetings with many staff members of the Vicenza military community."

"As a result, we will be able to better use the many Defense Department resources available at the installation level," she said.

"We received information on a variety of new resources, along with potentially more effective ways to reach Soldiers and family members," said Kent Thompson, manager of the Army Community Service Financial Readiness Program.

"I will be changing some of my methods of delivery to better reach the entire community. I want to determine what days and times are most convenient for people to attend events, and I encourage our community to let me know what types of financial coaching they want, and when they want it."

Many attendees said two of the most valuable takeaways from the

workshop were the Web sites for Military Homefront, www.military-homefront.dod.mil, and Military OneSource, www.militaryonesource.com.

"The two sites can help you with just about anything," said Franny Packard, manager of Vicenza's Exceptional Family Member Program.

Another fan of the Web sites was Rose Holland, who manages both Army Family Team Building and Army Family Advocacy programs.

"The resources available to our Soldiers and families through both sites is astonishing," she said. "As a parent of three teenagers, I was especially interested in the scholarship and

"We received information on a variety of new resources, along with potentially more effective ways to reach Soldiers and family members," said Kent Thompson.

college-search tools. The other tool that I would encourage everyone to use is the 'plan-my-move' tool. This helps you connect to resources to ensure you have what you need as you get ready to PCS." **sm**



Diana Bahr is assigned to the U.S. Army Garrison Vicenza Public Affairs Office.

On Point
The Army in Action





Dressed in protective suits, Sgt. Mark Warren (left) and Sgt. Austin Ryan of the Wisconsin Army National Guard's 54th Civil Support Team transport equipment to a simulated decontamination site during Exercise Viking Shield '08 .

Sgt. 1st Class Mark Bell



Craig Coleman



Staff Sgt. Renee Deville displays her Basic Noncommissioned Officer Course shirt after graduating from the first class in the Warrior Transition Brigade BNCOC pilot program at Walter Reed.

BNCOC Offered at Transition Brigade

SIX Soldiers graduated recently from the Basic NCO Course at Walter Reed Army Medical Center in Washington, D.C.

What makes the graduation unique is that the course was held for wounded warriors and cadre assigned to the center's Warrior Transition Brigade.

Due to the nature of the brigade's mission, neither Soldiers assigned as "warriors in transition" nor brigade cadre are able to go on temporary duty to attend professional military-education courses such as a Phase I BNCOC. The BNCOC course at WRAMC was undertaken as a pilot program to bring the schoolhouse to Soldiers at the brigade.

Sgt. 1st Class Barry Nelson, one of the BNCOC instructors, said the course was designed like every other BNCOC. It is academically heavy, and focuses on such issues as motivating subordinates, developing a cohesive team, troop leadership and cultural awareness.

Nelson also said training and evaluations during the course were conducted to the high standards set by the Army, just as if the students were attending a traditional academy.

In addition to providing important and required professional-development education, attending the Phase 1 BNCOC at Walter Reed helped remind Soldiers assigned there that they are part of the Army, said Staff Sgt. Shad Lorenz, a member of the transition-brigade cadre.

"Being in this environment, away from the traditional Army, can be hard," Lorenz said. "This course put things back in focus. It puts you where you need to be."

— Carrie McLeroy

DOD Releases Sexual-Assault Report

DEFENSE officials have released the "Report on Sexual Assault in the Military" for fiscal year 2007. It reveals that in about 2,000 of 2,688 reported cases the victims opted to share information with law-enforcement officers.

In June 2005 the military created "restricted" reporting, under which victims receive medical help and counseling, and evidence is collected, but no investigation is started. There were 705 restricted reports in 2007, but 102 victims later changed their reports to unrestricted, at which time the cases were handed over to law-enforcement personnel.

Some 6.8 percent of women and 1.8 percent of men experienced unwanted sexual advances, according to the survey. About 60 percent of all reports concerned alleged rape, and 72 percent of the victims were servicemembers. Of the 603 "restricted" reports, 69 percent were alleged rape cases.

Action was taken against about half of the accused in the

completed investigations. There were 181 courts martial, 201 nonjudicial punishments, and 218 administrative actions and discharges. Some 75 percent of the reports were labeled unfounded or lacking in sufficient evidence.

Army Chief of Public Affairs Maj. Gen. Anthony Cucolo III said the Army has a culture of reporting, but senior leaders believe the numbers are too high, and Army Chief of Staff Gen. George Casey has still directed all commanders to evaluate their prevention programs.

Carolyn Collins, manager for the Army's sexual assault and prevention response program, said training and awareness of the problem is crucial at all levels.

The Army's sexual-misconduct rate during deployment is lower than for Soldiers in garrison — 0.83 reported sexual assaults per thousand in Central Command versus 2.6 percent Armywide, Collins said, which Cucolo attributed to strong unit cohesion, limited free time and the absence of alcohol.

— Dennis Ryan, Fort Myer, Va., Pentagon



AER Doubles Aid to Meet Needs

SINCE 2005 the Army Emergency Relief program has increased by about 40 percent the financial assistance it provides to Soldiers and families in need, according to the program's director.

Lt. Gen. Robert F. Foley (Ret.) said that in 2005 AER provided about \$44 million in emergency interest-free loans and grants, as well as need- and merit-based academic scholarships, and by 2007 that number increased to almost \$74 million. The 2008 fundraising campaign lasted from March 1 to May 15.

AER lets Soldiers help Soldiers, and it is primarily funded by Soldiers through donations or repayment of AER loans. The 2007 campaign raised \$10.9 million. Foley said about 85 percent of AER assistance goes to staff sergeants and below.

Foley attributes the rising success in helping active-duty, reserve-component and retired Soldiers, families and survivors to increased education and awareness among Army leaders, and to the Command Referral Program, launched in 2006. Under the program, company- and battery-level commanders and first sergeants can authorize \$1,000 in interest-free loans for their Soldiers.

Each Soldier's case is different, Foley said, so there are no strict rules about what AER will or will not cover, and there are no limits on the amount of the loan or grants Soldiers can receive or the number of times they can apply to AER.

AER also has other specific programs. Every Soldier who has been medically evacuated from a combat theater is entitled to a \$200 grant from AER. Foley said AER is in the early stages of partnering with the 35 warrior transition units and Soldier family assistance centers around the Army.

Spouses and children of active-duty and retired Soldiers are also eligible for need-based undergraduate scholarships of up to \$2,900 a year (family income must be below \$88,500), academic scholarships of \$1,300, and achievement and leadership scholarships of \$1,000.

AER offices are located at the Army Community Service building on Army installations, and can also be found through the Navy and Marine Corps Relief Society, Air Force Aid Society, Coast Guard Mutual Assistance and Red Cross chapters nationwide. To find an AER office or for more information, visit www.aerhq.org.

— Elizabeth Lorge, Army News Service

MIA's Remains Recovered

THE remains of Staff Sgt. Keith Matthew Maupin were recovered March 20, northwest of Baghdad, Iraq, by elements of the 2nd Stryker Cavalry Regiment.

It was the culmination of a four-year search for the Army Reserve Soldier from the 724th Transportation Company, Army officials said. And Secretary of the Army Pete Geren reiterated that the Army will never stop searching for missing Soldiers.

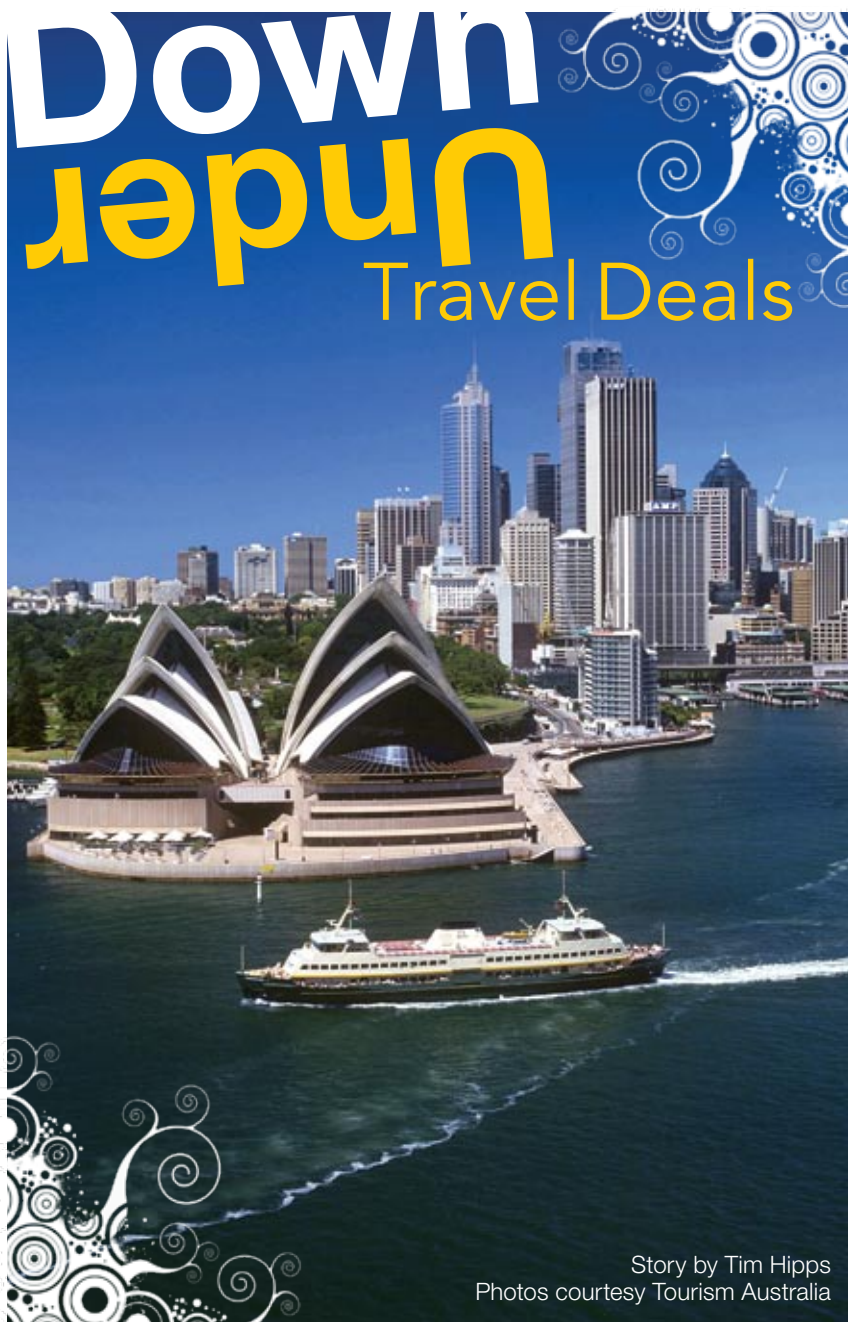
The recovery was the result of an intensive effort by Multi-National-Division-Baghdad Soldiers and multiple joint and interagency organizations. The Soldiers of the 2nd SCR recovered Maupin's remains by approaching the recovery as a criminal investigation and employing appropriate investigative techniques.

"Since beginning operations in Abu Ghraib, we made finding Staff Sgt. Maupin a top priority, to clearly demonstrate to every servicemember and every family that we will never leave a fallen comrade," said Col. John RisCassi, 2nd SCR commander.

— ARNEWS



Staff Sgt. Keith Maupin of the Army Reserve's 724th Transportation Company is shown in his vehicle sometime before April 9, 2004, when his convoy was ambushed en route to Baghdad International Airport.



Story by Tim Hipps
Photos courtesy Tourism Australia

Sydney's famed Opera House is one of the many sights visitors to Australia can see during a trip "Down Under." The Opera House operates 24 hours a day, every day except Christmas and Good Friday.

THE joint-services Australia Military Tours Program might encourage folks inclined to vacation "Down Under" to take the plunge. "This is an opportunity for people who have ever considered travel to Australia to get firsthand information and an idea of what they might want to do if they book a trip," said Dan Yount, director of Army Leisure Travel at the

"People have to get away from the 'Green Machine' every once in a while, no matter how dedicated they are to their careers and missions."

Army Family and Morale, Welfare and Recreation Command in Alexandria, Va.

"We have this great booking tool that they can use to plan an itinerary and get all kinds of information by going to **OffDutyTravel.com** and clicking on the Great Travel Deals link.

"They can sign in and start playing around and do multiple itineraries. When they're ready, they simply contact their designated ITR or ITT office, which will then coordinate with the staff in Perth, Australia, to get the price for a particular itinerary and provide information to the individual."

Some of the most affordable Australian vacation packages available include the Australia Zoo, Captain Cook Cruises, Accor Hotels, Qantas Airlines, Costello's Opals, Tropic Wings Tours, Sydney Aquarium, Wildlife World, Australian Day Tours, Sunlover Great Barrier Reef Tours, Cairns Tropical Zoo and Bridge Climb.

"For years we conducted surveys, and Australia kept coming up as a dream vacation," Yount said. "We have been able to make it affordable."

A five-night stay in Melbourne and Sydney, with roundtrip airfare from Los Angeles or San Francisco, has been available for as little as \$898 to active-duty, Reserve and National Guard Soldiers, retired military and Department of Defense civilian personnel, and family members.

"This program is unique in that after people come back, we have not had one complaint. It is absolutely first class all the way. Australia's reputation for hospitality is not going to suffer from our program.

"People have to get away from the 'Green Machine' every once in a while,

Tim Hipps works in the FMWRC Public Affairs Office.



no matter how dedicated they are to their careers and missions,” Yount said. “We can get them to almost anywhere in the world they want to go.”

With this travel package, the idea of a trip to the other side of the world does not seem so far-fetched. Additional day trips can be added to itineraries.

From Sydney to Melbourne to Brisbane to Cairns and the Great Barrier Reef, Australia offers sun-drenched horizons, white sandy beaches and sophisticated, modern cities. Aside from its natural beauty, Australia’s hospitality and friendliness are rivaled by few countries, Yount said.

He suggested Soldiers interested in visiting Australia depart from temporary-duty assignments on the West Coast, which would save them even more out-of-pocket expenses.

Vacationers are urged to pay for their packages as soon as possible.

“Like just about every other currency in the world, the U.S. dollar is dropping like a rock against the Australian dollar,” Yount said. “We’re doing our best to keep trips to Australia affordable, and the prices being offered through the joint-services program are the cheapest prices you’re going to find

Kata Tjuta National Park is the home of Ayers Rock/Uluru, the world’s largest monolith. The sacred Aboriginal site is Australia’s most famous natural landmark.



Built for speed and strength, the kangaroo is an Australian icon and easily recognizable as one of the country’s national symbols. Visitors can see the animals throughout the country.

anywhere. But when people get a price, they need to make a quick decision and try to pay it as quickly as they can.

“Every couple of weeks, the rate is going to go up. In the month of September,

the dollar dropped 14 percent against the Australian dollar. That meant if somebody had a trip for \$1,000, it would be \$1,114 if they waited until the end of the month to pay for it,” Yount said. **sm**



Army Family Covenant — Keeping Promises

Story by Carrie McLeroy

THE Army committed \$1.4 billion this fiscal year to improving quality of life for Army families. A partnership was forged between senior Army leaders, Soldiers and their families with the signing of the Army Family Covenant in the fall of 2007.

Since then, more than 174 Army Family Covenant signings have taken place worldwide to demonstrate the Army's commitment to providing Soldiers and families a quality of life that is commensurate with their service and daily sacrifices, said Dennis Bohanon, director of strategic communications for the Assistant Chief of Staff for Installation Management.

The Army's leaders officially recognized the strength and commitment of Soldiers and their families, and are working to affirm that partnership by focusing on four key issues.

"We are making the Army Family Covenant a reality by standardizing and

funding existing family programs and services; increasing accessibility and quality health care; improving Soldier and family housing; ensuring excellence in schools, youth services and child care; expanding education and improving employment opportunities for family members," Bohannon said.

IMC commander Lt. Gen. Robert Wilson said successful execution of the Army's four imperatives (sustain, prepare, reset and transform) is paramount in maintaining the force and supporting families.

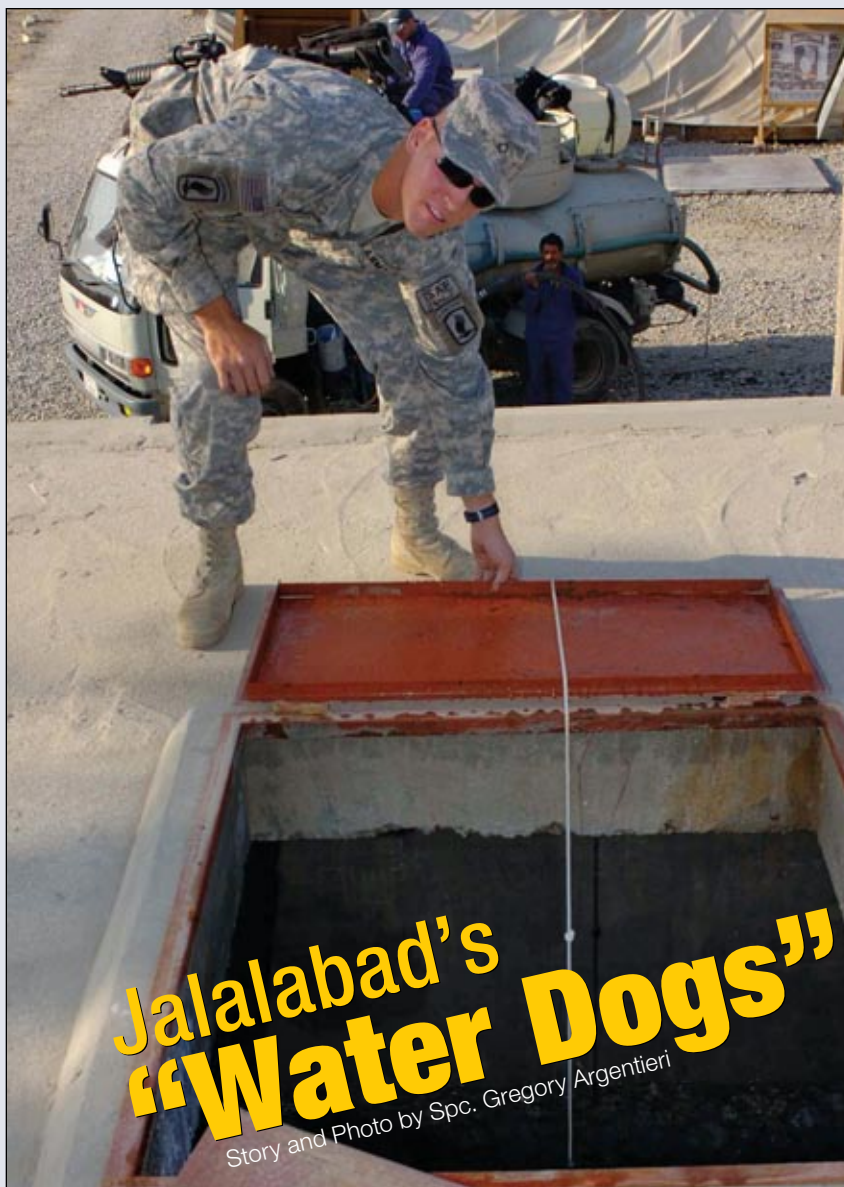
He also stressed the importance of ensuring that the best resources are available to families, and he emphasized the role families play in overall Army readiness.

"We are placing family readiness support assistants at the battalion level of deployable units to assist commanders and family readiness groups throughout the deployment cycle,"

"We are placing family readiness support assistants at the battalion level of deployable units to assist commanders and family readiness groups throughout the deployment cycle," Wilson said.

Wilson said. "We are reaching out to geographically-dispersed Soldiers and families, of all components, by building the Army Integrated Family Support Network. This network will connect all families with face-to-face assistance and an information network not previously available outside our military population centers."

Wilson added that the Army Family Covenant promises to take exceptional care of Soldiers and their families as the Army prepares for future challenges. "We are the Army's home," he said. **sm**



A **FOUR-man team of water-purification** specialists from the 173rd Brigade Support Battalion's Company A produces more than 40,000 gallons of water daily for servicemembers, contractors and local national employees at Jalalabad Airfield, Afghanistan.

Known as "water dogs," the Soldiers' main mission is to produce 32,500 gallons of nonpotable water for sinks, showers, toilets, urinals and washing machines, to support personal hygiene and sanitation. Additionally,

the team provides water for construction and aircraft maintenance, unit officials said.

"We provide Soldiers with the water they need to enjoy many of the creature comforts they have back in the rear," said 1st Lt. Nathan C. Miatech, a Co. A platoon leader.

"A lot of Soldiers who are forward deployed appreciate what my water dogs do, because they don't have a lot of nonpotable water," Miatech said. "They have to grab a couple of water bottles and do field hygiene, scrubbing down their essential areas, and that's about all they can do."

The primary water sources on the

forward-operating base are two locally constructed wells approximately 140 feet deep. Two submersible pumps bring raw water up to the surface at a rate of 114 gallons per minute, and pump it into 3,000-gallon storage bags called "onion skins."

A 42,000-gallon brick-and-mortar storage container is available for non-potable water.

The raw water coming from the well can "make you very sick," said Pfc. Christopher M. Bullard. "I think we're doing a great job purifying the water and keeping everybody safe."

From the onion skins, the raw water is turned into clean, potable water with the help of one of two new, \$1.2-million reverse-osmosis water-purification units that push out contaminants. Previously, the water dogs were limited by two 600-gallon-per-hour ROWPUs and had to work around the clock to keep up with the base's water demand.

The water flows from the ROWPU into two 5,000-gallon sealed tanks, from which it's piped into the dining facility and coffee shop.

Ten additional 5,000-gallon storage tanks are scheduled to be delivered this spring.

"We're going to have 120,000 gallons of potable water stored on the base, and before the 173rd leaves, servicemembers will be taking showers using potable water. They'll no longer have to worry about signs that read: 'Nonpotable water. Don't use as drinking water or to brush teeth,'" said Sgt. 1st Class Sean L. Carter.

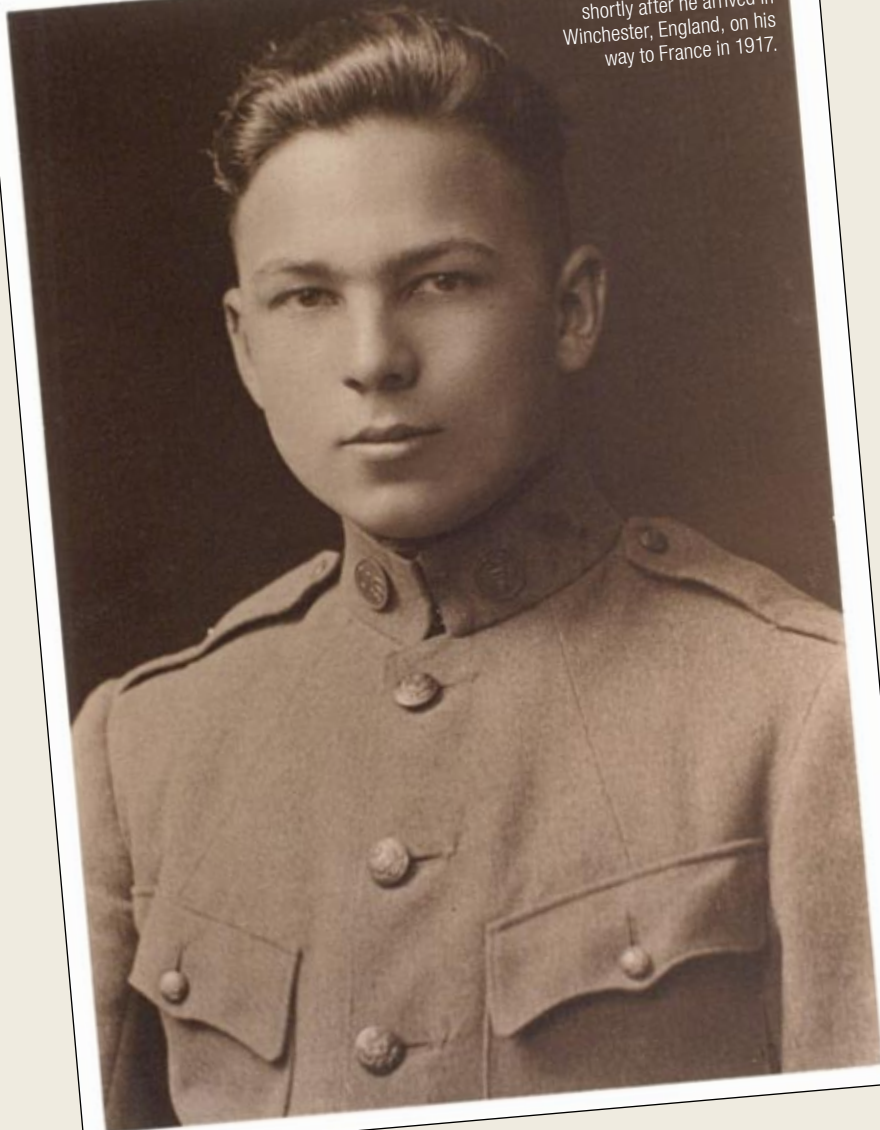
Water is a key consideration for safe cooking and for preparing tasty food, Carter said. "Too much chlorine in the water will turn vegetables brown. It can also cause skin irritations, such as hives."

Weather conditions can also pose challenges for the team, Bullard said. Water runs through the ROWPU more slowly when the temperature drops.

Sometimes water production is up, sometimes it's down, said Sgt. Edward D. Haynes, a Co. A section sergeant. But the team's number-one priority will continue to be providing a steady, healthy supply of water to the troops. **sm**

Spc. Gregory Argentieri is assigned to the 173rd Airborne Brigade Combat Team.

Cpl. Frank Buckles,
shortly after he arrived in
Winchester, England, on his
way to France in 1917.



Army Salutes Last Doughboy

Story by Elizabeth M. Lorge

IN 1917 the first of some 4.7 million Americans marched off to fight the Kaiser, filled with naïve optimism that “the Great War” would end international conflict forever.

Instead they saw the horrors of modern warfare for the first time, and more than 257,000 were killed or wounded in a year and a half in

the trenches. The first few who made it home received tickertape parades, but little by little, America forgot this generation of veterans.

Now only one is left. Former Cpl. Frank Woodruff Buckles, now 107, is the only living American known to have served in France in World War I, and his life mirrors the 20th century.

A Second Look

During a recent Pentagon ceremony, Secretary of Defense Robert Gates praised Buckles’ service and noted that while World War I lacks a national memorial and has failed to capture the American consciousness the way later conflicts have, it set the stage for much of the history that has followed.

“The 20th century truly began with an archduke’s assassination in Sarajevo on June 28, 1914,” Gates said. “The war, which started as a fight over Balkan independence, left in its wake a redrawn map of Europe and the Middle East — including the demarcation of a land in Mesopotamia called Iraq. From Baghdad to Belgrade, the places that mattered then are in the forefront of our consciousness today.”

Helping America Remember

In 2006 photographer David DeJonge set out to help America remember a war that was neither great nor ended all wars, by documenting remaining World War I veterans. By the time he could finance the project, four had died. Five more died within weeks of their sessions, and today only Buckles and Canadian John F. Babcock are alive. The collection of nine portraits will remain on permanent display at the Pentagon.

“For those of us here today, we will forever put the face of Corporal Buckles and the nine faces so masterfully captured by David DeJonge on the Great War,” said Secretary of the Army Pete Geren. “And when we put a human face on a heretofore faceless war, we are reminded and convinced of the personal debt that each of us owes to those who have secured the blessings of our liberty.”

Unexpected Honor

Wearing the Legion of Honor he was awarded by French President Jacques Chirac, Buckles simply thanked the people in attendance on behalf of his fellow World War I veterans. He received a standing ovation from the standing-room-only crowd.

He never expected to be the last WWI veteran, Buckles said during an

interview at his farm in West Virginia, but since he is, he will serve his generation as best he can.

Only 16 when the United States declared war on Germany in 1917, Buckles had to lie about his age several times to enlist — although he insists “lie” is too strong a word — and was rejected by the Marines because he was too small and by the Navy because he had flat feet.

An Army recruiter in Oklahoma finally took him after Buckles said the only record of his birth was in the family Bible in Missouri. After training in Kansas he sailed for Europe aboard RMS *Carpathia*, the ship that had rescued the survivors of the *Titanic* in 1912.

Anxious to Reach Frontlines

Buckles went to all that effort to serve, he said, “because it’s an important thing. The whole world was interested in this. Why shouldn’t I be?”

An old sergeant had told Buckles that the fastest way to get to the action in France was to join the ambulance corps, since ambulance drivers were desperately needed at the front. But to Buckles’ dismay, his unit was rerouted and he found himself in Winchester, England, chauffeuring officers in the sidecar of a motorcycle.

Buckles eventually made it to France, but never near the trenches. As an ambulance driver, he saw plenty of casualties, but never any combat.

Wrong Place, Wrong Time

After the war, Buckles began a career in shipping. He traveled frequently to the Germany of the Third Reich — he remembers a German officer telling him they were preparing for another war as early as the 1920s — and in a terrible example of being in the wrong place at the wrong time, was in Manila when Japan invaded the Philippines in 1941.

He had turned down a job in Buenos Aires, expecting to be in the Philippines only six months. Instead, during three years in a Japanese prison camp he nearly starved and lost more than 50 pounds. He said that toward the end of the war the Japanese intentionally



Elizabeth M. Lorge

Secretary of the Army Pete Geren (far right) looks on as a portrait of Buckles (seated at lower left) is unveiled during the Pentagon ceremony. Portraits of nine World War I veterans, including Buckles, will remain on permanent display at the Pentagon.



Elizabeth M. Lorge


Buckles relaxes at his home in West Virginia. He holds the meal cup he used for three years and two months at a Japanese prison camp in the Philippines during World War II.

starved the prisoners and, as the Americans got close, they planned to murder them. Rescuers arrived just in time, and Buckles recalled being so happy to see them that he dressed up in the starched shirt and pressed pants he had saved for 38 months.

Vets Shape Future

“This nation called and a country boy from Missouri went,” Geren said.

“Today young men and women from our generation ... are joined in a war in a far-off land that will shape their future and the world’s future for decades to come. As with Frank Buckles’ war, some day this war will end and all will come home with their lives and the world forever changed, and with vivid and searing memories of their war that will live with them throughout their days.” **sm**



Soldier-firefighters assigned to the Army Reserve's 468th Engineer Detachment attack a simulated aircraft fuel fire during training at Westover AFB, Mass.

Reserve Firefighters

Story and Photos by Sgt. 1st Class Mayra O'Neill-Dalton

On a cool autumn day the heat was intense for Army Reserve firefighters geared up to confront a simulated aircraft crash at Westover Air Force Base in Chicopee, Mass.

While the men and women battling the mock blaze that day were assigned to the 368th Engineer Battalion in Londonderry, N.H., they were drawn from detachments based both in that state and in Massachusetts. The firefighting units are the 468th Engineer Detachment which is the headquarters element, the 287th, 356th, 339th Engineer Detachments of Danvers, Mass., and the 530th Engineer Detachment of Somersworth, N.H.

Sgt. James M. McLaughlin, the 339th Engr. Detachment's team chief, said the battalion includes many young Soldiers who recently completed 13

weeks of training at the Department of Defense Louis F. Garland Fire Training Academy at Goodfellow Air Force Base, Texas.

At the academy Soldiers earn all the necessary firefighting certifications, including Firefighter I and II, Hazardous Material, Emergency Medical Technician Certification and Airfield Operations.

The training reflects the differences between civilian and military firefighting, McLaughlin said. Civilian departments respond primarily to structure fires, while their military counterparts must be ready to respond to such other threats as aircraft, ammunition and fuel fires.

Once academy graduates reach their units, it's up to senior firefighters like McLaughlin to ensure that they continue to polish their skills. And since many Reserve firefighters also belong to civilian departments, they also share

their specialized skills with their civilian co-workers.

"Every time I learn something new from the Army, I teach it to my co-workers in the fire department, so they can also be prepared for things they've never encountered," McLaughlin said.

Females Fighting Fire

The 339th's Spc. Erin Marie Leary, who's also a civilian firefighter in Revere, Mass., shares McLaughlin's sentiments about the Army and its training.

"Learning how to attack the fire using the fire trucks, deploying hand lines, and practicing interior attacks by shutting down a plane and fighting fire in the cockpit is training that helps me brush-up on skills I don't use every day," she said.

"It's also good because it allows me to work with different people — new, young troops as well as older, more experienced Soldiers. Because many of

Sgt. 1st Class Mayra O'Neill-Dalton is assigned to the 362nd Mobile Public Affairs Detachment.

them are also civilian firefighters, we get to exchange ideas and techniques.”

Best of Both Worlds

Pfc. David Anthony Grace of the 287th Engr. Det. always wanted to be both a firefighter and a Soldier. An electrician by trade and a volunteer firefighter with Massachusetts’ Malden Emergency Center, he didn’t hesitate to enlist in the Reserve when he found out he could do both.

“I got a two-for-one deal,” he said. “It took more than a year to get a slot at the firefighter academy, but once there I learned skills that will be very helpful when we’re deployed.”

Grace said he appreciates the fact that many of the firefighters in the unit are also civilian firefighters, and he draws on their knowledge and experience to bolster his own skills.

Grace is on a waiting list for several city fire departments, but for now he continues to volunteer. The civilian firefighters he works with respect him as an experienced Army firefighter, even though he’s a relative rookie. He shares his knowledge from the Army’s training with his co-workers and they share their knowledge with him.

A Second Career

Staff Sgt. Christopher W. Belcher is the senior NCO and first sergeant for the 468th Engr. Det. He has been with his current unit for only a year, but is a former combat heavy engineer and a 21-year Army veteran. As a civilian, Belcher is a truck driver.

Since he became an Army firefighter, he has developed an interest in civilian firefighting.

“I caught the bug, and that is what I want to do now,” he said.

His job during training is to ensure that team chiefs are training the Soldiers to standard and developing unit cohesiveness. Simulation and scenario training is conducted three times a year.

During training, the firefighters used the M1142, the newest tactical fire truck, as well as hoses, personal

protective equipment and self-contained breathing apparatus. The latter includes a one-hour bottle of oxygen and is a critical component of a firefighter’s gear. In a fire, the firefighters need to know how to use it properly, and how to make it last by controlling their breathing and the air flow.

Deployed Firefighters

Army firefighters establish fully functioning fire departments during deployments, McLaughlin said. They set up stations, track water supplies

and check local streets to make sure fire trucks can get through. They also handle electrical problems, immediate medical services and tent fires, and conduct fire-prevention training and building inspections.

Soldiers from the 287th and 356th Engr. Dets. deployed to Camp Taji and Al Anbar Air Base, Iraq, while other elements remained in Kuwait. Once they report to their forward operating base in theater, they can be assigned to an Army division, the Marines or to coalition forces. **sm**



Crew chief Sgt. Michael S. Foley monitors a fire hydrant during a “pump-and-roll” drill.

HONORING THE PAST, SHAPING THE FUTURE

Story by Tom Zimmerman



Col. John Stanwix in 1757. Located at the intersection of Indian trails along Letort Creek, the post became the jumping-off point for traders and settlers heading into the Allegheny Mountains on their way west.

"Stanwix had been ordered here to establish a fortified camp, which at the time meant tents, redoubts and small defensive positions," Giblin said. In 1801 the land became U.S. federal property when it was purchased from heirs of William Penn. The post became known as Carlisle Barracks around 1807.

School Days

While the Continental Army established its School for Artillerists at Carlisle Barracks in 1778, the first permanent Army school to take up residence on the post was the School for Cavalry Practice in 1838. The school stayed at Carlisle until the beginning days of the Civil War.

After that conflict the post went through a period of change, and in 1879 was transferred to the Department of the Interior to become the Carlisle Indian Industrial School. Its mission was to prepare young American Indian students for life in a growing industrial nation.

The school's first superintendent, Brig. Gen. Richard Pratt, designed an environment intended to help young American Indians develop self-respect, self-reliance and personal responsibility. During its time at Carlisle, the school attracted nationwide attention due to its athletic programs led by Coach "Pop" Warner. Two world-renowned athletes, multi-sport and 1912 Olympian Jim Thorpe and baseball great Charles Bender, were students at the school.

In 1920 Carlisle Barracks became home to the Medical Field Service School. Established under Col. Percy Ashburn's command, and drawing on the lessons of World War I, the school developed medical equipment and doctrine suitable for the battlefield.

"The school was here until 1946, and was responsible for developing the Carlisle bandage and other things we know today as traditional medical

YOU can almost feel the hundreds of years of history at Carlisle Barracks, Pa. What other installation can bring you more than two and a half centuries worth of history with just a few simple steps?

For 250 years Carlisle Barracks has been a leader in Army education.

"Today it remains a place that molds future leaders and educates them to adapt to the rapidly evolving strategic environment," said Lt. Col. Sergio Dickerson, garrison commander.

"Ever changing, always remembering, Carlisle Barracks embodies the rich military tradition of the last 250 years and promises to lead the way into the Army's next 250 years."

Evolution of a Post

Carlisle Barracks' size and shape have changed some over the past two and a half centuries, but the post's basic footprint is the same as it was at the turn of the 18th century.

Jack Giblin, director of visitor and education services for the U.S. Army Heritage and Education Center, said the post was founded by British Army

Tom Zimmerman works in the Carlisle Barracks Public Affairs Office. Staff Sgt. Christopher Fincham contributed to this article.

practices for Soldiers in the field. Carlisle had a very important place in the development of medical field schools and graduated almost 30,000 medical Soldiers,” said Giblin.

Though the Medical Field Service School eventually relocated to Fort Sam Houston, Texas, educational innovation continued at Carlisle Barracks. Between 1946 and 1951 the post briefly hosted no fewer than six Army schools. The Army Information School arrived first, followed by the School for Government of Occupied Areas, the Adjutant General’s School, the Chaplain School and the Military Police School.

Finally, the last of the six, the Army Security Agency School, began its classified operations in 1949, and stayed for two years before being displaced by the War College.

The U.S. Army War College

Originally established in 1901 in Washington, D.C., the U.S. Army War College suspended classes in 1940 during the mobilization for World War II, and resumed at Fort Leavenworth, Kan., for the 1950-1951 academic year. Lt. Gen. Joseph Swing relocated the college to Pennsylvania in July 1951.

The Army War College grew steadily at Carlisle, soon outgrowing its main academic building (the current Upton Hall). It transferred to its current home, Root Hall, in 1967. Two specialized agencies evolved into integral parts of the Army War College: the Strategic Studies Institute, first formed in 1954, and the Military History Institute, established in 1967.

The Center for Strategic Leadership, a state-of-the-art wargaming complex that opened in 1994, contributed another dimension to the college.

The War College educates the future senior leaders of the Army, as well as members of the joint services, interagency, intergovernmental and multinational communities.

“Behind the 19th century facades of Carlisle Barracks, the U.S. Army War College is responding every day to the 21st century’s volatile, uncertain, complex and ambiguous contemporary

“The Army Heritage and Education Center is the public face of Army history,” said Col. Robert Dalessandro, AHEC’s director.

operating environment,” said Lt. Gen. David Huntoon Jr., the director of Army Staff at the Pentagon, and the college’s former commandant. “We are committed to developing agile, adaptive and innovative leaders who will succeed in this era of persistent conflict at the strategic level of war and peace.”

The college provides senior-level education for lieutenant colonels and colonels through three concurrent classes — the 10-month resident education program and the first- and second-year phases of a two-year Distance Education Program.

Graduates of both programs currently receive Joint Professional Military Education Phase I certification, and earn the Army’s Military Education Level 1 identifier or equivalent, a master of strategic studies degree and a War College diploma.

Each resident class typically has 340 students and is composed primarily of U.S. military officers, but also includes civilians from various government agencies and 41 international students from allied nations.

Heritage and History

Though it may be the most famous Army school, the War College is not the only institute at Carlisle focused on education. The Army Heritage and Education Center is dedicated to preserving the heritage of the Army, but also serves an important role in education.

“The Army Heritage and Education Center is the public face of Army history,” said Col. Robert Dalessandro, AHEC’s director. “Our sacred trust is to tell the story of the American Soldier to the public by bringing the historic deeds of American Soldiers to life.”

The AHEC collection spans all eras of military history. With educational

programs, displays and guest lectures, the center helps to teach contemporary lessons through historical examples. Visitors from all over the country come to Ridgway Hall in order to gain a historical perspective on the issues and conflicts of today.

Other Assets

Carlisle Barracks also includes the Center for Strategic Leadership’s wargaming, simulation, conferencing and experiential education center. The CSL hosts more than 100 educational events annually, with an estimated 7,000 attendees.

The Strategic Studies Institute focuses on geo-strategic and national security research and analysis, and leads the collective effort to meet the War College’s research and publication mission. National security and strategic leadership research and analysis published by SSI is available free of charge at www.strategicstudiesinstitute.us.army.mil.

Another important organization preparing tomorrow’s leaders is the U.S. Army Peacekeeping and Stability Operations Institute, established in 2003. The Army’s authority on stability operations at the strategic level, PKSOI shapes the development of policy for peace-and-stability operations, advises senior leaders on the conduct of peace and stability operations, and develops pertinent concepts and doctrine.

The Army Physical Fitness Research Institute, founded in 1982, specializes in health and fitness disciplines focused on the over-40 population, with emphasis on nursing, psychology, nutrition, physical therapy, and exercise physiology.

The post is also experiencing major housing improvements as a result of the Residential Communities Initiative. While the initial development phase will bring the post 277 new housing units, many historic homes will also be renovated to ensure the installation retains a character that is true to its 250-year history.

For more information on Carlisle Barracks, visit www.carlisle.army.mil. **sm**

Master Sgt. Joshua Dukes, a drum major with The Old Guard Fife and Drum Corps, leads the group through a performance during a Twilight Tattoo.



Twilight Tattoo

2008

TRADITIONS are a part of almost every individual, group and community. Traditions enable us to recall the past, understand the present and prepare for the challenges of the future.

Traditions and customs are particularly important to military organizations, in which morale, leadership and caring for each other are important parts of everyday life. The U.S. Army Military District of Washington is carrying forward one Army tradition through its presentation of "Twilight Tattoo."

The event is an hour-long military pageant that features Soldiers of the 3rd U.S. Infantry (The Old Guard) troop and ceremonial units, including

The Old Guard Fife and Drum Corps and The U.S. Army Drill Team; The U.S. Army Band jazz ensemble; and vocalists from The U.S. Army Chorus and The U.S. Army Chorale.

As part of the Army's annual birthday celebrations, the U.S. Army Military District of Washington will conduct Twilight Tattoos each Wednesday, from May 7 to June 28 at 7:30 p.m. All performances will be held at historic Fort Lesley J. McNair.

Fort McNair is in Southwest Washington, D.C. Its northwest corner is located at 4th and P streets southwest, near the Waterfront/Marina and approximately three blocks from the Metro's Green Line station at Waterside Mall.

Fort McNair can be reached by traveling south on 7th Street N.W. until it intersects with Maine Avenue. Turn left on Maine and follow it to M Street and make a right turn at 4th Street. The Metro station will be on the left.

Follow 4th to P Street, southwest. Follow P Street to a right at the installation entrance just before 2nd Street. The military police at the gate will direct you to the parade field for the presentation.

If the weather looks threatening, call (202) 685-2888 for a recorded message about the status of performances.

Visitors are asked not to bring food. Bottled water is permitted, though large bags and backpacks are not. — U.S. Army Military District of Washington Public Affairs Office. **sm**



SPRING is in the air. The geese are returning from their winter hiatus, and there's a motorcycle sale at the local bike shop.

If you're a Soldier, before you lay down your hard-earned cash you must have a motorcycle endorsement on your driver's license and must attend an Army-approved motorcycle safety course.

Motorcycling is not inherently dangerous. But, like flying, it is terribly unforgiving of any carelessness, incapacity or neglect.

Army pilots become proficient in basic tasks before they are allowed to get behind the controls of the Army's most advanced aircraft. Motorcyclists should take the same approach, and the decision to buy should be made only after they receive proper motorcycle-safety training. Such training is available at many installations throughout the Army, and if you're stationed at a sister-service installation, chances are they also have training available. Contact your installation safety office for details on signing up for and attending a motorcycle-training class.

The Right Helmet

Once you've successfully completed your training, you'll be ready to purchase protective equipment. Ask an experienced rider and the motorcycle dealer what they recommend. Don't skimp on personal gear. Look for:

- A helmet that meets Department of Transportation standards and fastens properly under your chin.
- Impact- or shatter-resistant goggles, wrap-around glasses, or a full-face shield that properly attaches to

Ride Smart, Ride Safe

Story by Sgt. 1st Class Steve Kurtiak (Ret.)

the helmet and meets or exceeds ANSI Safety Code Z87.1.

- Sturdy footwear, such as leather boots or over-the-ankle shoes. Motorcycle-specific boots work best and won't come off in a crash. They typically provide protection for your ankles and shins.

- A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

- The outer upper garment must be brightly colored for wear during the day and a reflective garment should be worn at night. If your riding gear is not reflective, consider a reflective vest designed specifically for motorcyclists.

Bigger is Not Always Better

Once you have the proper gear, the next consideration should be the size of the bike. Most bikes range in engine size from 250cc to 1800cc. You should start out on a motorcycle with less horsepower. Many of today's 600cc motorcycles have more than 100 horsepower and can exceed 140 miles per hour. Don't be misled into believing that a 600cc motorcycle is a small bike.

Does the bike fit your body? If you can't reach the ground or controls comfortably, you are setting yourself up for failure.

Practice Makes Perfect

You've made solid choices concerning your gear and motorcycle, now what? Practice is the key. Your first ride shouldn't be through downtown traffic at rush hour, nor should it be at 70 mph on the expressway. The skills you learned in the basic riders' course are just that — basic.

You may ask, "Where do I practice?" or "What do I practice?" Download a copy of "Motorcycle Tips for Riders" from the Motorcycle Safety Foundation Web site (www.msfsf-usa.org/downloads/Riding_Tips.pdf)

and refer to the Motorcycle Skills Test Practice Guide. Follow the instructions in this guide and continue to improve your riding skills. Constant practice is necessary, because the skills involved are perishable.

Plan Your Ride

Plan your rides the way pilots plan their flights, and tell someone where you're going and when you expect to return. Look at the routes, check the weather and plan stops along the way. If you have an accident or other mishap, people should know where to look for you.

Search, Evaluate and Execute

It's vital that you position yourself in traffic so that other travelers can see you. Always anticipate what other vehicles might do, and use the "search, evaluate and execute" process you learned in the basic riders' course. Check your mirror frequently, and always turn your head to check for traffic when you change lanes.

Mentorship

If your unit or installation has a motorcycle mentorship program, join it. Such programs allow riders to learn from those with varying experience levels. Group riding also provides riders greater visibility in traffic and allows them to share a common interest. Visit <https://cra.army.mil/mmp> for more information.

Perishable Skills

It takes six months or more before a rider can be considered "experienced." The experienced-rider course builds on the basic course and provides additional road-safety skills for riders. A task performed frequently becomes second nature, so if you are riding only once a week or so, your skills aren't improving, they're diminishing. **sm**

Sgt. 1st Class Steve Kurtiak (Ret.) works at the U.S. Army Combat Readiness/Safety Center at Fort Rucker, Ala.

FOCUS on People

By Pfc. Monica K. Smith



Amegble's now 4-year-old daughter, Isabella.

Daddy's ♥ Girl

It had been more than three years since Spc. Koma Amegble and his family left their baby daughter behind in Africa. Last October, Amegble, of Company A, 603rd Aviation

Support Battalion, was reunited with his now 4-year-old daughter, Isabella.

Four years ago Amegble and his family lived in the West African nation of Togo. There, a lottery system determines who will receive travel visas to the U.S.

"If you win, you have the opportunity to go to America and have a green card and a Social Security card so you can work," Amegble said.

At the time Amegble entered the lottery, he attached paperwork for his wife and their 3-year-old son. By the time Amegble won the lottery a year later, his wife had given birth to their daughter, Isabella, who was not listed in the application.

"When we went to the U.S. embassy to interview for a visa, we talked to the consulate about our daughter," Amegble said. "They told me I had the opportunity to get a visa for her, but she had to have a passport."

While trying to get a passport for Isabella it came time for Amegble to leave. Unable to afford a ticket for his wife and son, Amegble left his family in Togo in

May 2004, bound for New York.

He stayed there for two weeks while applying for a Social Security card and then moved to Philadelphia where he got a job on a vehicle assembly line. Though Amegble's wife and son were able to join him a few months later, 8-month-old Isabella had to remain

with her grandparents until she received her passport and visa.

"It was hard for us to leave our daughter in Africa," Amegble said. "She was too young, but we didn't have a choice."

Amegble found it hard to support his family, so he enlisted in the Army in March 2006. Soon thereafter he began to make progress toward re-uniting Isabella with her family in America.

Amegble arrived at his unit in July 2006, and was encouraged to become a U.S. citizen. His chain of command became aware of Amegble's family situation and began to assist in reuniting him with his daughter.

"He got his citizenship before we deployed, and we started the process of reuniting him with his daughter," said 1st Sgt. Spencer Davis of Co. A, 603rd ASB. "We made some calls, and worked with the Department of Human Resources back at Fort Stewart."

Almost a year after beginning the process, Amegble became a citizen and Isabella was granted a visa. When Amegble took his mid-tour leave from Iraq at the end of September 2007, he took out an Army Emergency Relief loan for \$4,700 to purchase the plane ticket that would fly him to Africa to bring Isabella home.

"That was a wonderful day for me," Amegble said. "That was the most important day of my life. I cried. I couldn't believe it. My wife is the happiest of anyone, though. It is hard for a mom to be apart from her child."

Amegble went back to Iraq a few days after returning from Africa. His wife, Essivi, is taking English classes while their son, Matthias, now 6 years old, is in first grade. Isabella is in day-care to learn English.

Amegble says he is thankful for all the help he received.

"I'm very proud of myself," Amegble said. "I'm grateful to my Lord that I can have my family together. My commander, my first sergeant, they helped me a lot. All of my platoon gave me moral support." **sm**

Pfc. Monica K. Smith is assigned to the Combat Aviation Brigade, 3rd Infantry Division, Public Affairs Office.

CELEBRATING

*Army's 233rd
Birthday*



1775-2008

Born more than a year before the signing of the Declaration of Independence, the Army has played a vital and continuing role in the nation's growth and development. Soldiers have defended the republic from the time of the American Revolution to the war against terrorism, and continue to answer the call to arms whenever our nation is at risk. We mark the Army's 233rd birthday with respect, honor and thanks.



ARMY STRONG

A man in a U.S. Army JAG uniform is the central figure, looking slightly to his left and speaking. He is holding a pen in his right hand and a stack of papers in his left. His uniform is dark green with gold buttons and insignia. A name tag on his left chest reads "ACOSTA-TREJO". In the background, other people in similar uniforms are seated at a long wooden table, suggesting a courtroom or a formal meeting. The background is slightly blurred, focusing attention on the man in the foreground.

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